

EVERGREEN LAKE MICHELLE

NEWSLETTER

ALOE ALOE


EVERGREEN
lifestyle
at lake michelle

8 - 14 NOVEMBER 2021

WHAT'S ON THIS WEEK

Dear Residents,

With both feet now firmly in November, Christmas is creeping closer and closer, and with what seems to be a later than usual arrival of Christmas decorations in the shops and malls. By now you would have heard the first Boney M song being blasted across the sound systems at the malls heralding the 'official arrival' of the festive season! That is of course if the power wasn't off during your trip!

That said we will not let anything get in the way of our festivities in the Village. After another very successful event last week Friday we are hard at work preparing for our next one. More details will be shared next week and I hope we can count on everyone's continued support. We will also be announcing the plans for all the December festivities in the Village too.

For those of you who are still working on getting into shape for the summer [yes, I know round is also a shape...] please take a look at the benefits of using our state-of-the-art gym equipment on the Evergreen Active Page. We also continue with last weeks topic of fall prevention.

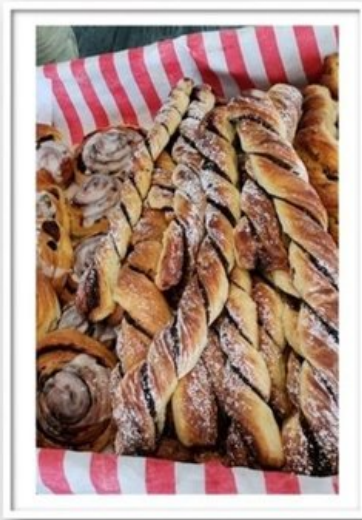
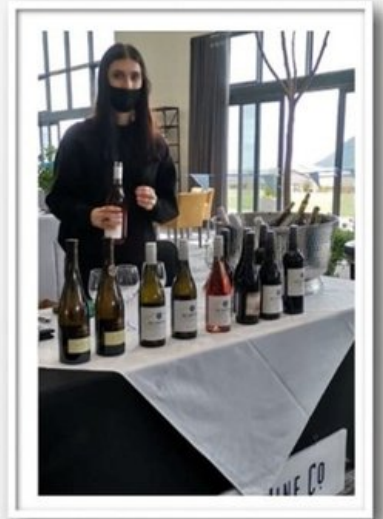
Last but not least, Welcome to Ingrid Messerli and Willem and Irene van Zyl who moved into the Village this past week. We wish you a long and happy stay with us and I am sure everyone is looking forward to meeting you at the resident socials once you have settled in.

Wishing you all a wonderful weekend,

Regards

Riaan and the Evergreen Team

OCTOBERFEST-IVITIES



WEEKLY ACTIVITIES

LISTED ACTIVITIES TO BE CONFIRMED BY ORGANIZERS | ALL COVID PROTOCOLS MUST BE ADHERED TO



<p>MONDAY</p>	<p>09h00 - 9h40 STRETCH CLASSES Sue 072 212 0277</p>	<p>10h15 - 11h00 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443</p>	<p>14h00 CANASTA / BRIDGE Bistro Cecile ext. 2011 Norma ext. 2089</p>		<p>REMINDER! BOOK FOR SHUTTLE SERVICE</p>
<p>TUESDAY</p>	<p>08h45 EXTEND SENIOR FIT Crafts Room Judith ext. 2063</p>	<p>10h00 BRIDGE Bistro Cecile ext. 2011</p>		<p>14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089</p>	<p>REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY</p>
<p>WEDNESDAY</p>	<p>09h00 - 9h40 STRETCH CLASSES Sue 072 212 0277</p>		<p>10, 24 Nov 10h00 - 12h00 CHRISTIAN FELLOWSHIP 1st Floor Lounge John ext. 2018</p>		<p>18h00 - 20h00 DINNER Village Bistro ext. 2404</p>
<p>THURSDAY</p>	<p>08h45 EXTEND SENIOR FIT Crafts Room Judith ext. 2063</p>	<p>10h00 KNITTING GROUP Lounge Jen ext. 2026</p>	<p>14h00 BRIDGE Bistro Cecile ext. 2011</p>	<p>14h00 GOLF CROQUET Fish Hoek Bowling Club Norma ext. 2089</p>	<p>16h00 TABLE TENNIS, POOL / SNOOKER 1st Floor</p>
<p>FRIDAY</p>	<p>09h00 - 10h00 SPINE SHINE BACK CARE YOGA Crafts Room Clair 083 453 5539</p>	<p>09h15 - 10h00 AQUA AEROBICS Pool Renate 082 519 1873 Linda 082 4109 443</p>			<p>17h00 RESIDENT SOCIAL 1st Floor Lounge Norma ext. 2089</p>
<p>SATURDAY</p>					
<p>SUNDAY</p>			<p>12h00 - 14h00 SUNDAY LUNCH Village Bistro Melanie ext. 2404</p>		

WHAT'S ON THE MENU

SERVED FROM 08H00 - 16H30 | SIT DOWN | TAKE-AWAY | HOME DELIVERY



MONDAY	Chicken Kiev, Mushroom Sauce served with Savoury Rice & Oven Roasted Greens
TUESDAY	Rosemary Beef Meatloaf topped with Sweet & Sour Tomato Chutney, Mashed Potatoes & Vanilla Roasted Pumpkin
WEDNESDAY	Crumbed Pork Schnitzel with Cheese Sauce, Chips & a Garden Salad
THURSDAY	Mediterranean Chicken Pot served with Parsley Rice & Greek Salad
FRIDAY	Beef Burger with Mushroom Sauce, & Chips with Side salad
SATURDAY	Salmon Fish Cakes served with Mashed Potato, Tangy Coriander-Lemon Sauce & Stir-fried Vegetables
SUNDAY	<p>MAIN COURSE</p> <p>Roast Pork Belly with Sherry Glaze, Mustard Potatoes & Cauliflower Gratin</p> <p>DESSERT</p> <p>Peach Crumble Served With Chantilly Cream</p>

dinner menu

WEDNESDAY | 18h00 - 20h00

2 COURSE SET MENU -
R120
TABLE SALAD -
R45

Mongolian Beef served on a bed of egg noodles topped with toasted sesame seeds & spring onion

or

Tuscan Chicken & buttered gnocchi with a side of cheese sticks

DESSERT

Peppermint Crisp Tart

or

Strawberry Yoghurt
Fridge Tart

PAYMENT BY CARD OR ON-ACCOUNT ONLY | CONTACT THE BISTRO ON EXT.2404

IT'S A CELEBRATION!



ANNIVERSARIES

The best thing in life to hold on to is each other...

15TH NOVEMBER

TOM & DENNI DUFF - Noordhoek

BIRTHDAYS

Wishing you many happy moments and the very best memories on your special day!

8TH NOVEMBER

PETER INSKIP - Noordhoek

JOHN WYLLIE - Noordhoek

13TH NOVEMBER

MARION GUEFFROY - Noordhoek

EDZEL DE JAGER - Noordhoek

14TH NOVEMBER

PETER STONE - Noordhoek

NEW RESIDENTS

Home is not a place...Its a feeling

NOORDHOEK

INGRID MESSERLI - Unit 123

WILLEM & IRENE VAN ZYL - Unit 147

WHAT'S COOKING

45 MINUTE MEALS

MEXICAN LIME & CORIANDER SPATCHCOCK CHICKEN



METHOD

1. Cut out the backbone of the chicken (using kitchen scissors or a knife), then turn over and flatten the bird by pressing on the breast and drumsticks.
2. Season chicken and rub with 2 Tbsp (30ml) Mexican spice.
3. Cover with clingfilm and set aside in the fridge. Remove 30 minutes prior to cooking to allow it to reach room temperature.
4. Prepare medium-hot coals on the braai.
5. Enclose spatchcock chicken in a braai grid and braai for 30-40 minutes, turning every 3-4 minutes to cook evenly.
6. Place mielies and peppers on grill while braaiing chicken, and char well for 5-10 minutes.
7. Combine butter, lime peel and juice, and coriander with leftover spice and brush over chicken for the last 5 minutes of braaiing (basting at the end won't "catch" as it would if added at the beginning.)
8. Serve chicken with jalapeños, coriander and slices of lime.

INGREDIENTS

- 1 (about 1.4kg) free-range whole chicken
- Salt and milled pepper
- 2½ Tbsp (37ml) Mexican spice rub
- 4 mielies, cut into 8 portions
- 1 large packet (15) snacking peppers
- 2 Tbsp (30ml) butter, melted
- Juice (60ml) and grated peel of 2 limes
- Handful fresh coriander, chopped + extra for serving
- Sliced jalapeño chillies and limes, for serving (optional)

MUSICAL CORNER

REMEMBER TO
CLICK ON THE
ARTIST'S NAME TO
ENJOY SOME OF
THEIR GREATEST
HITS!

BRYAN GUY ADAMS

BORN 5 NOVEMBER 1959

GUITARIST, SINGER, COMPOSER, RECORD PRODUCER, PHOTOGRAPHER,
AND PHILANTHROPIST



Bryan Guy Adams, (born 5 November 1959) is a Canadian guitarist, singer, composer, record producer, photographer, and philanthropist from Kingston, Ontario. With several number one singles and albums in various countries, Adams has sold over 100 million records worldwide. He was the most played artist on Canadian radio in the 2010s and has had 25 Top 15 singles in Canada, and a dozen or more in each of the US, UK and Australia.

Adams joined his first band at age 15, and at age 20 his eponymous debut album was released. He rose to fame in North America with the 1983 Top 10 album *Cuts Like a Knife*, featuring its title track and the ballad "Straight From the Heart", his first US Top 10 hit. His 1984 album, *Reckless*, made him a global star with tracks like "Run to You" and "Summer of '69", both Top 10 hits in the US and Canada, and the power ballad "Heaven", a US number 1 hit. His 1987 album *Into the Fire* went to number 2 in Canada and the Top 10 in several other countries.

In 1991, Adams's released "(Everything I Do) I Do It for You", which went to number 1 in at least 19 countries, including for 16 and 18 straight weeks in the UK, and Europe overall, both records. It is one of the best-selling singles of all time, having sold more than 15 million copies worldwide. The song was included on Adams' *Waking Up the Neighbours* (1991), a worldwide number 1 album that sold 16 million copies, including being certified diamond in Canada. Other international hits off the album were the Canadian number 1 songs, "Can't Stop This Thing We Started" and "Thought I'd Died and Gone to Heaven". Beginning in 1993, Adams' hits were mostly ballads, including the worldwide number 1 or 2 hits: "Please Forgive Me" (1993); "All for Love" (1993); and "Have You Ever Really Loved a Woman?" (1995), the latter two topping the U.S. Billboard Hot 100.

In 1996, Adams' *18 til I Die* was a Top 5 album in many countries, but only reached number 31 in the US. He did duets with Barbra Streisand ("I Finally Found Someone" (1996), his last US Top 10 hit) and Melanie C ("When You're Gone" (1998), an international Top 5 hit). In the 1990s, Adams had six European Radio Airplay number 1 songs for 32 weeks, the fourth and third most, respectively; and three number 1 songs on the European Sales Chart for 29 weeks total, the most weeks of any artist. Since 1999, Adams released seven albums, three reaching number 1 in Canada, and most reaching the Top 10 in the UK, Germany and elsewhere.

In 2008, he was ranked 38th on the list of all-time top artists on the Billboard Hot 100. He has won 20 Juno Awards and a Grammy Award for Best Song Written for a Motion Picture or Television amongst 15 Grammy nominations, and has been nominated for five Golden Globe Awards and three Academy Awards for his songwriting for films. Adams has been inducted into the Hollywood Walk of Fame, Canada's Walk of Fame, the Canadian Broadcast Hall of Fame,^{[15][16]} and the Canadian Music Hall of Fame. On 1 May 2010, Adams received the Governor General's Performing Arts Award for his 30 years of contributions to the arts.

To learn more about this incredible icon, click [here](#).

HEALTH CARE

THE ART OF FALLING SAFELY



Protect your head - The most important body part that you need to protect in a fall is your head. Head injuries can be very serious, even deadly. Make sure you prioritize protecting your head as you fall by properly positioning it. Tuck your chin down, lowering your head.

- If falling down, face first, turn your head to the side.
- Bring your arms up to head level for additional protection. Put them in front of your head if falling forwards or behind your head, if falling backwards.
- If you are taking anticoagulants or blood thinners and fall and hit your head, this may result in a dangerous and life-threatening bleed inside your skull. Call your doctor, who may tell you to go to the hospital for a CT scan.



Turn as you fall - If you are falling either straight forward or straight backwards, try to turn your body so you land on your side. Falling directly on your back can cause serious injury to it. A frontal fall can cause damage to the head, face, and arms. By landing on your side you can reduce the chance of injury from high distances (for example, one-way vertical paths).



Keep arms and legs bent - It may be tempting to try and catch yourself fully as you fall with your arms. However, landing with your arms straight out and absorbing the full force of the fall with them can cause injury. Try keeping both arms and legs slightly bent as you fall. Landing fully on your arms in an attempt to catch yourself can break both your wrists and arms.



Stay loose - Tensing up during a fall can increase the chances of sustaining an injury. The tension in your body won't allow for the absorption of force from the fall. Instead of spreading the impact out over a flexible body, the parts that were kept taught are more likely to break instead of going with the motion. You can try breathing out as you fall to help keep your body relaxed.

Roll out of the impact - If you are able, a good technique to dissipate the force of a fall is to roll into it. By rolling, you send the energy of the fall into the roll, rather than having your body absorb the impact. Since the technique is difficult, you may want to practice falling and rolling at a gym or somewhere with padded and cushioned floors.

- Start in a low squat position.
- Lean forward and place your palms flat on the ground in front of you.
- Push off the ground with your legs and move your weight forwards.
- Your legs will go over your head.
- Keep your back rounded and gently try to land on a shoulder.
- Let the momentum carry you through the roll and back up onto your feet.



Spread out the force of the fall - A big part of falling safely is to spread out the force of the impact over a large area of your body. Falling on a single point will result in that area taking most of the damage. By spreading out the impact, you reduce the chance of serious injury to a single part of the body.



EVERGREEN ACTIVE

9 Benefits Of Rowing Machine Exercises



Rowing machine workouts are great for fitness and full-body toning. It activates the abs, back, shoulders, chest, triceps, wrists, glutes, hamstrings, and calf muscles. Keep reading to find out how rowing machine exercises can benefit your health in 9 ways.

1. EFFECTIVE CALORIE BURNER

Rowing machine exercises are gasoline for stored fat. Ten minutes of a rowing machine workout burns 100-200 calories, depending on your body weight, intensity, and resistance used.

2. GREAT FULL-BODY WORKOUT

Apart from working on your upper back muscles, rowing machine exercises also target your core, chest, biceps, forearms, hamstrings, and quadriceps. Therefore, you get a full-body workout without having to hop from one machine to the other.

3. IMPROVES MUSCLE STRENGTH

Rowing machine exercises help improve upper body strength and increase endurance (or stamina). Researchers have found that rowing machine workout helps people with spinal cord injury regain muscle strength

4. GREAT FOR THE HEART AND LUNGS

Rowing exercises help improve heart and lung function. Depending on the reps, sets, and resistance used for the exercises, you sweat and breathe in more oxygen, making your heart work harder to meet the oxygen demands.

5. HELPS BUILD MUSCLE

Rowing exercise activates your muscles and causes wear and tear. When you rest and sleep, these muscles rebuild themselves stronger and thicker to give you that lean look.

6. LOW IMPACT AND LOW-RISK ACTIVITY

Rowing exercises are great for people with knee joint pain or arthritis. They are low-impact and easy on the joints. Rowing machine workouts also have a low risk of injuries. Make sure not to add too much resistance; add as much resistance that allows you to do 3 sets of 15 reps with ease. Add more resistance gradually as your strength increases.

7. TONE THE ARMS

Rowing machine exercises work on your arms, especially the triceps and wrists. Triceps are the muscles present at the back of your upper arm. Extending and pulling the rowing handle helps tone the triceps and forearms. Over a period, your arms start to look slimmer and more toned.

8. REDUCE THE RISK OF DISEASE

Upper body fat is closely linked to metabolic complications of obesity. Getting rid of upper body fat helps reduce the risk of developing obesity-related diseases.

9. MAY REDUCE BELLY FAT

Rowing exercises work on your ab muscles. They are also good cardio and burn a good number of calories. Therefore, they can help you lose overall fat and tone up your belly region.



SMALL GARDEN? NO PROBLEM

Trying to create an outdoor haven in a small garden, courtyard or apartment balcony can be fiddly business, but with the right plants, you can turn even the smallest outdoor area into your very own garden paradise.

USING POTS TO CREATE COLOUR AND DIVERSITY

Get creative in your small space by planting in pots – with a wide variety of colours, sizes and textures available, it's a fun way to add greenery to your indoor décor. Plant using the list below and remember to always water wisely and use greywater wherever you can.

YESTERDAY, TODAY AND TOMORROW

The brunfelsia species cultivates well in full sun, making it perfect for summer. It is semi-hardy and grows well in containers. It produces masses of white, lilac and purple flowers and it has a wonderfully sweet scent.

AZALEA

This is another great container plant for semi-shady areas. It flowers in spring, but has attractive evergreen foliage all year round.

LAMB'S EAR

Stachys lanata is an attractive grey-green groundcover that is ideal for lighting up dark corners. It grows well in sun and semi-shade and is incredibly hardy.

THE INDIGENOUS AFRICAN DAISY

Arctotis grows best in full sun and will tolerate strong winds and very cold conditions. It is available in a range of bright colours.

HERBS

Herbs need full sun but thrive in pots and are great to have close to hand, near the kitchen. Balconies and courtyards are perfect for this.

SUCCULENTS

Succulents have become immensely popular as they're indigenous, produce attractive flowers in winter and are some of the most hassle-free plants you'll find. Succulents have evolved to survive in dry, hostile environments, so they do best in dry, sandy gardens, but they also grow very well in pots. Top tip: If you plant them in pots, combine 1 part river sand with 1 part potting soil and 1 part compost, and then plant in a terracotta pot (not plastic, as this does not allow water to escape).

